

# Neighborhood Watch News

Neighborhood Watch is a Community-Action and Problem-Solving Program



Volume - 1



Carlsbad Police Department



Winter - 2005

**Neighborhood Watch Block Captains please share this information with your block participants.**

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**Police Contacts:**

Website  
[www.ci.carlsbad.ca.us](http://www.ci.carlsbad.ca.us)

**Emergency**  
9 1 1

**Non-emergency**  
(760) 931-2197

**Crime Prevention**  
(760) 931-2105

Crime Statistic Hotline  
(760) 931-2201

Other Crime Statistics  
(760) 931-2170

**Police Watch Commander**  
(760) 931-2115

**Traffic Unit**  
(760) 931-2106

**Narcotics Unit**  
(760) 931-2193

**Records Division**  
(760) 931-2119

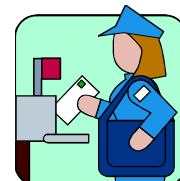
Detective Division  
(760) 931-2145

**Senior Volunteer Patrol**  
(760) 931-2214

**Community Services Unit**  
(760) 931-2177

**The Crime Prevention Unit's mission** is the anticipation, recognition and appraisal of crime risk and the initiation of some action to remove or reduce it.

## The U.S. Postal Inspector Speaks Out About Identity Theft



Last year alone, more than 9.9 million Americans were victims of identity theft, a crime that costs them roughly \$5 billion dollars.

In reality, the number of I.D. theft victims and their total losses are probably much higher. It is hard to pin down, because law enforcement agencies may classify I.D. theft differently. It can involve credit card fraud, Internet fraud, or mail theft, among other crimes.

The Federal Trade Commission reported that only four percent of victims cited stolen mail as the source of personal information. Even so, U.S. Postal Inspectors are charged with protecting the nation's mail system from criminal misuses.

### The Postal Inspector provides these Identity Theft tips:



- Don't leave mail in your mailbox all day, overnight or over the weekend.
- If necessary, take outgoing mail to a secure location like inside the post office or work.
- Crosscut shred and destroy unwanted documents

that include personal and financial information.

- Report lost or stolen credit cards immediately.
- If you applied for a credit card and didn't receive it when expected, call the financial institution.
- Sign new credit cards immediately, before someone else does.
- Memorize your Social Security number and passwords.
- Don't use your date of birth as your password and don't record passwords on papers you carry with you.
- Never leave transaction receipts behind.
- Don't carry your Social Security card or birth certificate; leave them in a secure location.
- Don't disclose credit card or other financial account numbers on a Web site unless the site offers a secure transaction.
- Closely monitor expiration dates on your credit cards and contact the issuer if you don't receive a replacement prior to the expiration date.
- Match your credit card receipts to your monthly bills. Watch for your monthly financial statement and bills. If you don't get them when expected, contact the sender.

**Report all mail related crime to the postal inspector and the Carlsbad Police Department.**



## Winter - 2005 Continued



### Internet Safety Tips for Teens

The Internet can be a scary place if you do not follow a few good safety tips. Whether you are searching for information, shopping or “chatting”, there are people who are looking to take advantage of a teenager caught unaware. The **National Center for Missing and Exploited Children** gives these safety tips:

- Protect your information. Don't give anyone online personal information about yourself, your family situation, your school, your telephone number, or your address.
- Report abuse. If you become aware of the online sharing, use, or viewing of child pornography, immediately report this to the Carlsbad Police Department. It is illegal.
- Don't use chat rooms. People are not always who they say they are while online. For example a person who says “she” is a ***14-year-old girl from New York might really be a 42-year-old man from California.*** You never know. If you want to talk to your friends online, use e-mail.
- If someone harasses you online, says anything inappropriate, or does anything that makes you feel uncomfortable, contact the Carlsbad Police Department and your Internet Service Provider.
- Play by the rules. Know that there are rules many Internet Service Providers have about online behavior. If you disobey a rule, you may be penalized by having your account disabled.



- Socialize safely. Join school or community groups to interact with other teens in a safe environment.

- If you need someone to talk to, and cannot find a trusted community member, call the Covenant House at 1-800-999-9999. The people there provide counseling to teens.

For more safety information call the Carlsbad Police at (760) 931-2105 or contact the **National Center for Missing and Exploited Children** at 1(800) 843-5678.

## Choosing an Agency for In-Home Care

There is no place like home. However, sometimes people need help in-home to remain at home. Here are a few suggestions from **AARP** about how to choose the right agency.

There are two types of in-home care agencies. **Homemaker services** are non-medical personnel that provide services like cooking or cleaning; they may or may not be licensed. Or, **health and medical care** which are services that are often Medicare and Medicaid certified.



Start by identifying what types of services you need. A doctor, care manager, or hospital discharge planner can help you sort through your options.

Next, ask the agency these questions:

- Is the agency **licensed** by the state? Ask to see the license, note the number and check it out.
- What services does it provide?
- Are 24-hour services available?

Ask about staffing:

- What kind of staff do they provide?
- Are staff members **bonded**?
- What happens if a staff member doesn't show up for work?
- What do I do if I am unhappy with the staff member? Can another be sent?

Ask about costs:

- What are the costs? Is there a sliding scale?
- How does the agency bill? Does it bill insurance or Medicare directly?



Ask about quality control:

- Does the agency have references or satisfaction reports?
- Is the agency inspected by an outside organization? When was the last inspection? Can you see the reports?
- Is there a written plan of care for each client?

For more information contact your local office of **AARP**.